



**US Army Corps
of Engineers**

St. Louis District

News Release

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Release No. Contact Person

IMMEDIATE
For Release

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**“REACH, THROW, ROW, DON’T GO!”
TIPS THAT MIGHT SAVE SOMEONE’S LIFE**

Lake Shelbyville, June 9, 1999 – Most people drown within 10 to 30 feet of safety. Learn these few simple techniques to help someone in trouble and keep yourself safe.

- REACH: To help someone in the water, reach first with a fishing pole, towel, boat oar, or stick, but don’t get into the water yourself.
- THROW: Scan your area for items such as an empty milk jug, cooler, ring buoy, or life jacket that can be thrown to someone in the water.
- ROW: Look for a boat nearby that can be used. It is not safe to go near someone in the water with the boat motor running. Use the oars to bring the boat close enough to reach or throw.
- DON’T GO: Without expert training in lifesaving techniques, you could put yourself in danger along with the person you are trying to help. If you are going to go somewhere go for help.

Here are some other tips that you should know if you are planning on being on or near the water.

- Wear your life jacket. They float. You Don’t.
- Learn to swim.
- Provide constant supervision for your children.
- Demonstrate safe water practices. Children learn by example, so set a good one for your children.

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- Never dive into shallow water.
- Swim only in designated swimming areas.
- Use the buddy system. Never swim alone.
- Don't over-estimate your swimming abilities.
- Never rely on toys such as inner tubes or air mattresses to keep you afloat.
- Learn CPR.

The US Army Corps of Engineers hope that you have a safe and enjoyable summer and reminds you that by learning and practicing these few simple tips you could keep yourself and others safe while enjoying the water.